News from the Wyoming Department of Health

Friday, November 17, 2006

Department of Health: Watch for Diabetes Warning Signs

In recognition of November as National Diabetes Month, officials with the Wyoming Department of Health& Diabetes Prevention and Control Program are encouraging Wyoming citizens to learn the warning signs of diabetes.

Diabetes is a disease where the body is either not able to produce enough insulin or not able to properly use insulin. As a result, blood sugar or glucose levels increase in the body. Uncontrolled high blood sugar levels over time lead to many unwanted consequences including eye problems, kidney problems and lower leg amputations. People with diabetes are also at a higher risk for heart disease and stroke.

An estimated 6.5 percent of Wyoming & adult population has diabetes, compared to the national rate of 7.4 percent.

According to Star Morrison, diabetes coordinator for the Wyoming Department of Health, typical warning signs of diabetes include unusual thirst, frequent urination, fatigue, blurred vision, wounds that are slow to heal, frequent infections and/or a tingling or numbness in the hands or feet. õIf you are experiencing these symptoms, it a good idea to see a medical professional, ö Morrison said.

Morrison noted that if current trends continue, it is estimated that nearly one in ten adult Americans will have diabetes by the year 2025.

oThe good news about diabetes is that it is treatable, of Morrison said. Strategies such as regular physical activity, a well-balanced diet high in fiber, food portion control, and use of diabetes-specific drugs can help delay and prevent the unwanted consequences of diabetes.

For more information about the Wyoming Diabetes Prevention and Control Program, call 777-6011.

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